

# As grocery prices continue to rise, get help filling your basket.



Good nutrition is the foundation for a healthy lifestyle. When you're eating healthy, you have the energy to stay well and do the things you love.

If you need help buying food, help is available. Senior citizens balancing a limited income may be eligible to participate in several North Carolina food benefit programs. These programs include food assistance such as NC Food and Nutrition Services (FNS).

## FNS makes it easy to buy nutritious food:



You receive a debit card with your monthly benefit that you can use at grocery stores or even farmer's markets.



You get to choose which food to eat.



If you don't use all of your benefits in one month, you can save them up to use for a special occasion, such as a birthday or holiday meal.

## How to sign up and access additional resources

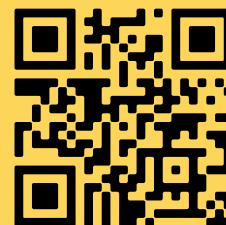
- Visit [www.NCDHHS.gov/SeniorResources](http://www.NCDHHS.gov/SeniorResources) for more information on how to qualify and apply for FNS and to learn more about the different types of assistance available to you.
- Dial 2-1-1 or 888-892-1162 (available 24 hours a day 7 days a week) to speak with someone about additional resources. You may also visit [www.unitedwaync.org](http://www.unitedwaync.org).
- Visit [NCCARE360.org](http://NCCARE360.org) to be connected to a state-wide network of local health care and human services resources.

## Other ways FNS helps

In addition to monthly food benefits, FNS beneficiaries may automatically be eligible for additional programs that can help with common expenses such as utilities, phone, and internet.

## Additional food resources

North Carolina offers several additional programs that provide food assistance and nutrition education to those in need.



**SCAN FOR  
MORE INFO**



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**